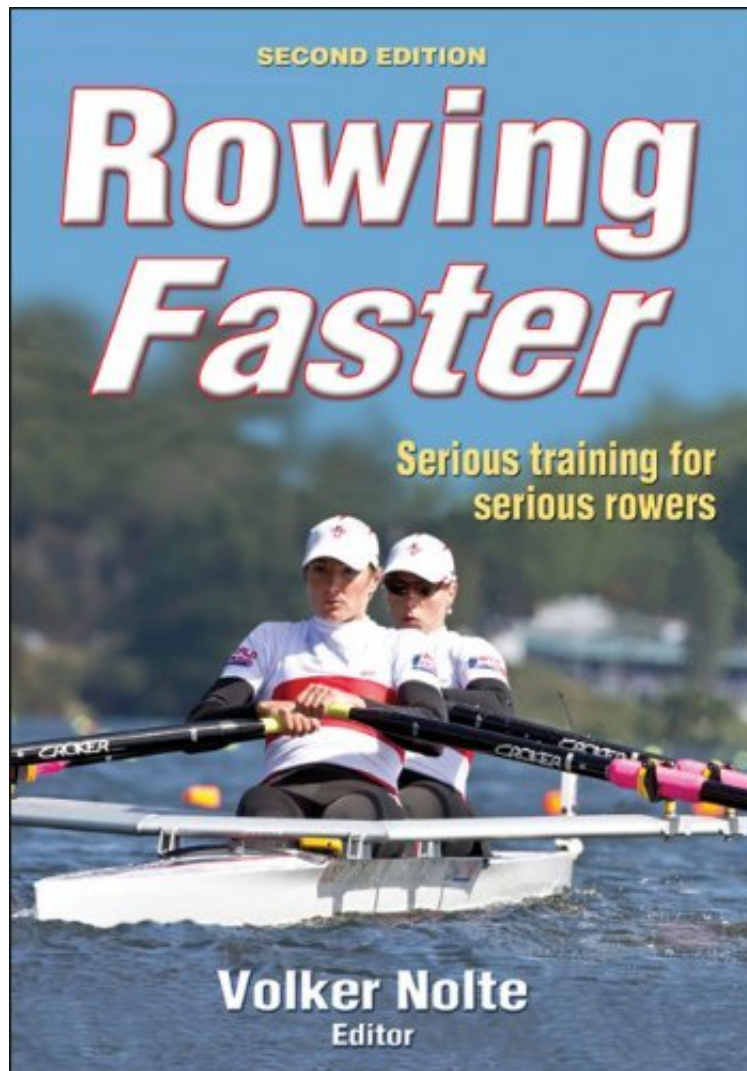


(Download ebook) Rowing Faster - 2nd Edition

Rowing Faster - 2nd Edition

Von Human Kinetics

DOC | *audiobook | ebooks | Download PDF | ePub



 Download

 Read Online

Produktinformation -Verkaufsrank: #370290 in eBooksVerffentlicht am: 2011-06-29Erscheinungsdatum: 2011-06-29File Name: B005OY7HF8 | File size: 40.Mb

Von Human Kinetics : Rowing Faster - 2nd Edition before purchasing it in order to gage whether or not it would be worth my time, and all praised Rowing Faster - 2nd Edition:

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Great bookVon MarioI learned a lot from this book but still, it isn't a 5 star book. I would recommend it as a part of library, not in a "main part" though.0 von 1 Kunden fanden die folgende Rezension hilfreich. Rowing fasterVon Johannes RengelingGefllt mir gut.(noch 16) e e e e e e e e e e e e e e e e

Kurzbeschreibung Voted the most-read book by the International Rowing Association, *Rowing Faster* achieved unparalleled success. Gold-medal coaches, championship athletes, and top scientists have infused the latest scientific training and racing principles into this edition. It is required reading for rowers and coaches. Important Notice: The digital edition of this book is missing some of the images found in the physical edition.

Kurzbeschreibung Voted the most-read book by the International Rowing Association, *Rowing Faster* achieved unparalleled success. Gold-medal coaches, championship athletes, and top scientists have infused the latest scientific training and racing principles into this edition. It is required reading for rowers and coaches. Important Notice: The digital edition of this book is missing some of the images found in the physical edition.

ber den Autor und weitere Mitwirkende Volker Nolte is director of the rowing program and assistant professor at the University of Western Ontario, where he teaches coaching and biomechanics. Since 1993, he has led his men's rowing team to 10 Ontario University Athletics Championships and three Canadian University Championships. In 2008, his university crew won the German University Championships and the Temple Challenge Cup at the famous Henley Royal Regatta in England. He was the lightweight men's national team coach with the German Rowing Association from 1984 to 1990 and with Rowing Canada from 1992 to 2000. His national team crews won an Olympic silver medal at the 1996 Atlanta Games, two world championship titles in 1993 and 2000, and several medals at recent world championships. Nolte received both a physical education diploma (1976) and a civil engineering diploma (1979) from the University of Saarbrücken in Germany and a PhD (1984) in biomechanics from the German University of Sport Sciences in Cologne. Nolte is an internationally acknowledged expert in biomechanics. He presents frequently at scientific and coaching education conferences worldwide with his research focusing on coaching and biomechanics of high-performance sport, especially rowing. He is also a distinguished researcher in the field of sport equipment. His research has produced many papers in refereed journals and articles in various publications. Nolte is an experienced rower, representing his home country of Germany at several world championships. He is still a keen competitor in masters events and lives in London, Ontario, Canada.